



# SEIZE THE DAY CHECKLIST!

**I Commit to 5 Daily Actions - 5 Days Per Week to Stay Empowered**

- ☐ Sunrise Ceremony- Greet the Day!
- ☐ I Spend 5-min. Writing my Thoughts
- ☐ I Meditate 10-15 mins.
- ☐ I Exercise/Yoga 15-20 mins.
- ☐ I Practice Daily Affirmations
- ☐ I Take my Vitamins
- ☐ I Make a Love List
- ☐ Take a Power Nap or Hot Bath
- ☐ I AM Creative
- ☐ I Offer Positive Contributions
- ☐ I Focus on Livelihood vs. Work
- ☐ Receive an Abundance of Blessings
- ☐ My Heart is in Harmony
- ☐ I Allow for Flexibility & Balance
- ☐ I Step Up For What I Stand For
- ☐ I Set Loving Boundaries
- ☐ I Speak My Truth
- ☐ I AM Brilliant - Note my Ideas
- ☐ I Stand Out - Let My Light Shine
- ☐ Shower Others with LOVE or Above
- ☐ I Experience Loving Relationships
- ☐ How May I Serve Today?
- ☐ I Have FUN & Laugh Out Loud
- ☐ 5 Things I AM I Grateful For Are...

## NOTES TO SELF...



# I OWN MY POWER!!!

5 DAILY ACTIONS - 5 DAYS PER WEEK  
THAT UNLOCK MY INNER POTENTIAL ARE...

M

T

W

TH

F